



# PARKWOOD POOL SCHEDULE

May 1-May 17

| TIME     | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |
|----------|--|--|--|--|--|--|--|
| 6:00 AM  | 6:00 a.m.-1:00 p.m.<br>Lap Swim<br>(all lanes)                   | 6:00-8:45 a.m.<br>Lap Swim<br>(all lanes)                        | 6:00-8:45 a.m.<br>Lap Swim<br>(all lanes)                        | 6:00-8:45 a.m.<br>Lap Swim<br>(all lanes)                        | 6:00 a.m.-1:00 p.m.<br>Lap Swim<br>(all lanes)                       |  |  |
| 7:00 AM  |  |  |  |  |  | 7:00-11:00 a.m.<br>Lap Swim<br>(all lanes)                             | 7:00-11:45 a.m.<br>Lap Swim<br>(all lanes)       |
| 8:00 AM  |  |  |  |  |  |  |  |
| 9:00 AM  |  | 9:00-11:00 a.m.<br>Water Aerobics                                | 9:00-10:00 a.m.<br>Water Aerobics                                | 9:00-11:00 a.m.<br>Water Aerobics                                |  |  |  |
| 10:00 AM |  |  |  |  |  |  |  |
| 11:00 AM |  | 11:00 a.m.-1:00 p.m.<br>Lap Swim<br>(all lanes)                  | 10:00 a.m.-1:00 p.m.<br>Lap Swin<br>(all lanes)                  | 11:00 a.m.-1:00 p.m.<br>Lap Swim<br>(all lanes)                  |  |  |  |
| 12:00 PM |  |  |  |  |  | 11:00 a.m.-2:00 p.m.<br>Lap Swim (3 lanes)<br>Family Swim<br>(2 lanes) | 11:45 a.m.-2:00 p.m.<br>Family Swim<br>(2 lanes) |
| 1:00 PM  | 1:00-5:15 p.m.<br>Lap Swim (4 lanes)<br><br>Family Swim (1 lane) | 1:00-5:15 p.m.<br>Lap Swim (4 lanes)<br><br>Family Swim (1 lane) | 1:00-5:00 p.m.<br>Lap Swim (4 lanes)<br><br>Family Swim (1 lane) | 1:00-5:15 p.m.<br>Lap Swim (4 lanes)<br><br>Family Swim (1 lane) | 1:00-6:00 p.m.<br>Lap Swim (3 lanes)<br><br>Family Swim<br>(2 lanes) |  |  |
| 2:00 PM  |  |  |  |  |  |  |  |
| 3:00 PM  |  |  |  |  |  |  |  |
| 4:00 PM  |  |  |  |  |  |  |  |
| 5:00 PM  | 5:15-7:00 p.m.<br>Lap Swim<br>(1 Lane)                           | 5:15-6:20 p.m.<br>Lap Swim<br>( 1Lanes)                          | 5:15-7:00 p.m.<br>Lap Swim<br>(2 Lanes)                          | 5:15-7:00 p.m.<br>Lap Swim<br>( 2 Lanes)                         |  |  |  |
| 6:00 PM  |  | 6:20-7:00<br>NO LAP SWIM   |  |  |  |  |  |
| 7:00 PM  | 7:00-8:00p.m.<br>Lap Swim<br>(All Lanes)                         | 7:00-8:00 p.m.<br>Lap Swim<br>(All Lanes)                        |  |  |  |  |  |

## PARKWOOD YMCA AQUATICS INFORMATION

### Swim Lessons

New Session begins May 5 for Members and May 6 for Non-Members for Mini Session May 20-May 29  
Summer Session Registration for Classes beginning June 9<sup>th</sup> Members May 19 and Non-members May 21

### Lap Swim

We ask that all swimmers be respectful of others and share lanes as needed. Lap Swim is available for those ages 12 and up who are continuously swimming end to end.

### Youth Swimmers

- All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 length on their back, and ability to tread water for 30 seconds.
- Ages 8 & under: Must have a parent in the water with the child.
- Ages 9-11 years old: Must have parent on the deck.
- Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a life jacket.

### Water Aerobics

Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves makes for a great total body workout in the water. All fitness levels are welcome, and no swimming ability is required.